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fusing form + function

NMT is Problem Solving Massage Therapy:

- + [Migraines](#)
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- + [Whiplash](#)
- + [Frozen Shoulder](#)
- + [Achilles Tendonitis](#)
- + [TMJ/TMD](#)
- + [Low Back Pain](#)
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360 NMT® integrates trigger point deactivation techniques with advanced massage therapy to alleviate pain. We collaborate with physicians, physical therapists and athletic trainers to customize treatment programs for our clients. NMT can be used for injury recovery, prevention and wellness. It is the preeminent massage choice for staying active and reducing risk of injury.

360 NMT® uses advanced massage techniques to alleviate muscle pain patterns and expedite healing. We treat muscles where function has been compromised. Our whole body approach combines hand-on therapy with stretch, strength and postural correction.

[>> Click here to read a 360 NMT case profile](#)